



MOVE UTAH SUMMIT 2022

Health | Mobility | Economy | Community

March 16 and 17, 2022

8 a.m. to 5 p.m.

GOOD HEALTH IT'S ALL CONNECTED



GetHealthyUtah.org



ABOUT MOVE UTAH

The Move Utah Summit is the only event of its kind in Utah. How our communities grow directly affects our health and well-being. Each year, hundreds of subject-matter experts, including planners, engineers, and community leaders from across the state come together to discuss best practices for improving decision-making related to health, transportation and land use.

The 2022 Move Utah Summit will build on the previous successful Summits to provide expert panelists, interactive breakout sessions and a compelling keynote speaker. Each breakout session track will align with the Move Utah Program's initiatives and goals to provide excellent content to attendees with varying levels of interest and experience.

MOVE UTAH GOAL

Foster active, healthy, connected communities through robust, planning and implementation of biking and walking initiatives, programs and projects.

Learn more at moveutah.gov

PROGRAM PARTNERS



The American Planning Association (APA) has recognized the Move Utah Summit as an approved event for American Institute Certified Planners (AICP) interested in receiving Continuing Maintenance (CM) credits.



Heidi Goedhart

Active Transportation Manager
Utah Department of Transportation

Thank you for attending this year's Move Utah Summit. The Summit is the only event of its kind in Utah bringing together hundreds of health, transportation, land use experts and state and local officials to collaborate on improving the health and well-being of individuals and communities.

The Move Utah Summit theme this year is Health, Mobility, Economy, Community, with programming centered around the Quality of Life Framework of Utah's Transportation Vision. The two-day event will offer sessions focused on Good Health and Better Mobility on the first day and Strong Economy, and Connected Communities.

At the Utah Department of Transportation (UDOT), Utah's Transportation Vision is a process to collaborate with partnering agencies in order to establish a shared vision for transportation statewide. This means planning for a truly integrated, multimodal system that provides opportunities for people to ride a bike, walk to school, take the bus, ride a train or drive a car. Our focus is to move people, not cars.

My enthusiasm for walking and biking started at a young age. I used to ride my bike around the family farm in rural Idaho and developed a passion for helping communities provide these same opportunities for their residents. UDOT's Move Utah program provides technical assistance and resources directly to local communities to plan for biking and walking right in their own backyard.

We have hundreds of state and local officials and subject-matter experts here today to engage in a multidisciplinary, collaborative dialogue. I hope the Move Utah Summit provides you with an excellent opportunity to learn about Utah's Transportation Vision that is built on the pathway to quality of life and connects communities across Utah.



THE
PERMAH
WELLBEING
SURVEY

Supercharging lives.
Energizing workplaces & schools.
Strengthening communities.

Wellbeing doesn't just happen. Drawing on Professor Martin Seligman's PERMAH wellbeing framework, this five-minute survey was designed to help people amplify their ability to thrive and care for their wellbeing even when they are struggling.

How? We don't just help you to measure wellbeing – that only leads to more survey fatigue. Instead, with the input of many of the world's leading wellbeing researchers we've done the hard work of translating your survey results and the latest science into actionable insights, practical tools, and a personalized easy-to-apply plan to make caring for wellbeing more meaningful and effective.

BACKED BY SCIENCE. EASY TO ACTION. COMPLETELY CONFIDENTIAL.

Take the free, five minute survey today at www.permahsurvey.com

KEYNOTE SPEAKERS

WEDNESDAY

March 16



Monique G. López

Founder, Pueblo Planning

Monique G. López is a Social Justice Planner and founder of Pueblo Planning, an anti-racist values-driven participatory planning and design firm that intentionally engages and includes communities that are often left out of the planning process and those most vulnerable to the impacts of planning decisions. This includes Black, Indigenous, People of Color (BIPOC), LGBTQ, unhoused, and other communities that experience marginalization. Monique utilizes storytelling and participatory art-making to engage communities in the planning process in order to dismantle unjust systems and co-develop equitable communities.

THURSDAY

March 17



Jeff Speck

FAICP, FCNU, LEED-AP, Honorary ASLA

Jeff Speck is a city planner and author who advocates internationally for more walkable cities. As Director of Design at the US National Endowment for the Arts from 2003 through 2007, he presided over the Mayors' Institute on City Design and created the Governors' Institute on Community Design. Prior to his federal appointment, Mr. Speck spent ten years as Director of Town Planning at DPZ & Co., the principal firm behind the New Urbanism movement. Since 2007, he has led Speck & Associates, a private design consultancy. Mr. Speck is the co-author of *Suburban Nation*, which the Wall Street Journal calls "the urbanist's bible." His more recent book *Walkable City*, was the best selling city-planning title of the past decade. Its sequel, *Walkable City Rules*, is described by Kurt Andersen as "a must read for urbanists, city-builders, and everyone who lives in cities." His TED talks and YouTube videos have been viewed more than five million times.

WEDNESDAY

March 16

KEYNOTE

8:00 a.m. - 9:00 a.m.

Respect, Relationships, Reciprocity and Repair: Moving Towards Mobility Justice
Monique G. López, Founder, Pueblo Planning



GOOD HEALTH

9:00 a.m. - 10:00 a.m.

Leveraging Public Health Policy and Partnerships to Improve the Health of People

Elizabeth Joy, MD, MPH, Senior Medical Director, Wellness and Nutrition, IHC

10:00 a.m. - 11:00 a.m.

The Intersection of Transportation, Health & Well-Being

Sarah Hodson, Deputy Director, Bureau of Health Promotion, UDOH

Elizabeth McMillan, Communications Director, UDOT

11:00 a.m. - 12:00 p.m.

Get Utah Healthy & Moving: How Utah's Rural Communities are Making a Difference

Danielle Ramsey, Recreation Director, Kanab City

Bryan Kimball, Community Development Director/City Engineer, Ephraim City

Bayley Hedglin, Mayor, Monticello

BETTER MOBILITY

9:00 a.m. - 10:00 a.m.

Catching the Vision: Utah's Transportation Vision

Stephanie Tomlin, Program Manager, UDOT

10:00 a.m. - 11:00 a.m.

Connecting Utah's Main Streets: The Road Less Traveled

Tim Sullivan, Founder, Township + Range

Nan Anderson, Rural Program Manager, Governor's Office of Economic Opportunity

11:00 a.m. - 12:00 p.m.

Diversity, Equity & Inclusion in Active Transportation & Health

Angelo Papastamos, TravelWise Program Engineer, UDOT

Nikki Navio, Transportation Planner, WFRC

Claudia Loayza, Communications & Community Engagement Coordinator, UDOMA

WEDNESDAY

March 16

WALKING TOUR



Zip Code: A Stronger Determinant of Utahns' Health than Genetic Code
Walking Tour of Health Disparities in Salt Lake County

We've all heard the claim that one's zip code is a stronger determinant of health than one's genetic code but have you ever wondered if that's happening in your own backyard? Join our team of public health, transit and active transportation experts as we lead a walking tour through South Salt Lake and Salt Lake cities.

The tour will start at Harmony Park and end at Sugarhouse Park. Learn about food deserts and the disparate access to parks and recreational amenities between higher and lower income neighborhoods.

Free UTA transit passes will be provided upon request. Bottled water, healthy snacks and a Move Utah-branded bag will also be available to all attendees. The wearing of comfortable attire is encouraged. The tour is free and open to the public but advanced registration is required.





The way you move
matters ...
For everyone.

Learn more at
heal.health.utah.gov



UTAH DEPARTMENT OF
HEALTH
Healthy Environments Active Living

THURSDAY

March 17

KEYNOTE

8:00 a.m. - 9:00 a.m.



Walk the Talk: Creating Walkable Communities in Utah

Jeff Speck, City Planner, Speck & Associates

STRONG ECONOMY

9:00 a.m. - 10:00 a.m.

What's The Point? Active Transportation in Utah's Generational Community

Alan Matheson, Executive Director, The Point

10:00 a.m. - 11:00 a.m.

Active Transportation as an Economic 'Driver' in Fast-Growing Utah

Shawn Milne, Economic Development Director, Cache Valley Regional

Jared Stewart, Economic Development Coordinator, Tooele City

Julia Collins, Transportation Planning Manager, Park City

11:00 a.m. - 12:00 p.m.

Long-Distance Cycling Routes: Economic Impacts, Best Practices, & Marketing Strategies

Elizabeth Depew, Graduate Assistant, USU Outdoor Programs

Jordan Smith, Director of the Institute of Outdoor Recreation and Tourism, Utah State University

CONNECTED COMMUNITIES

9:00 a.m. - 10:00 a.m.

What's at the Heart of a Thriving Community?

Louis Alloro, The WellBeing Lab

10:00 a.m. - 11:00 a.m.

Helping to Recreate a Grand County: Active Transportation Best Practices

Maddie Logowitz, Transportation Director, Grand County Active Trails

Kim Schappert, Executive Director, Moab Trails Alliance

11:00 a.m. - 12:00 p.m.

Perceptions vs. Experiences of the Everyday Cyclist

Ashley Cleveland, Deputy Director of Community Outreach, Salt Lake City

Chris Wiltsie, Program Director, Bike Utah

THURSDAY

March 17



BIKING TOUR

Common “Cents”: How a Freeway Project Connected a Community

Biking Tour of Utah’s Technology Corridor

Join us for a biking tour of the I-15 Technology Corridor. This \$450 million freeway project was originally designed to improve traffic flow and upgrade essential roadway infrastructure. However, Utah's transportation agencies wanted to ensure that biking and walking infrastructure was also integrated into the project design.

The Utah Department of Transportation, the Utah Transit Authority, the Mountainland Association of Governments, and Lehi City teamed with Smart Growth America to identify cost-effective opportunities for connecting regional trails, increasing safety for users, and improving the overall experience for pedestrians and cyclists.

Their efforts led to critical changes in the region that have helped to promote Utahns quality of life through better mobility, a more connected community, active transportation opportunities that promote good health and trail amenities that support businesses in attracting a highly qualified workforce.

Tour attendees will be required to bring their own bike and helmet. Free UTA transit passes will be provided upon request. Attendees are encouraged to ride their bike to the tour. Bottled water, healthy snacks and a Move Utah-branded bag will also be available to all attendees. The wearing of comfortable attire is encouraged. The tour is free and open to the public but advanced registration is required.

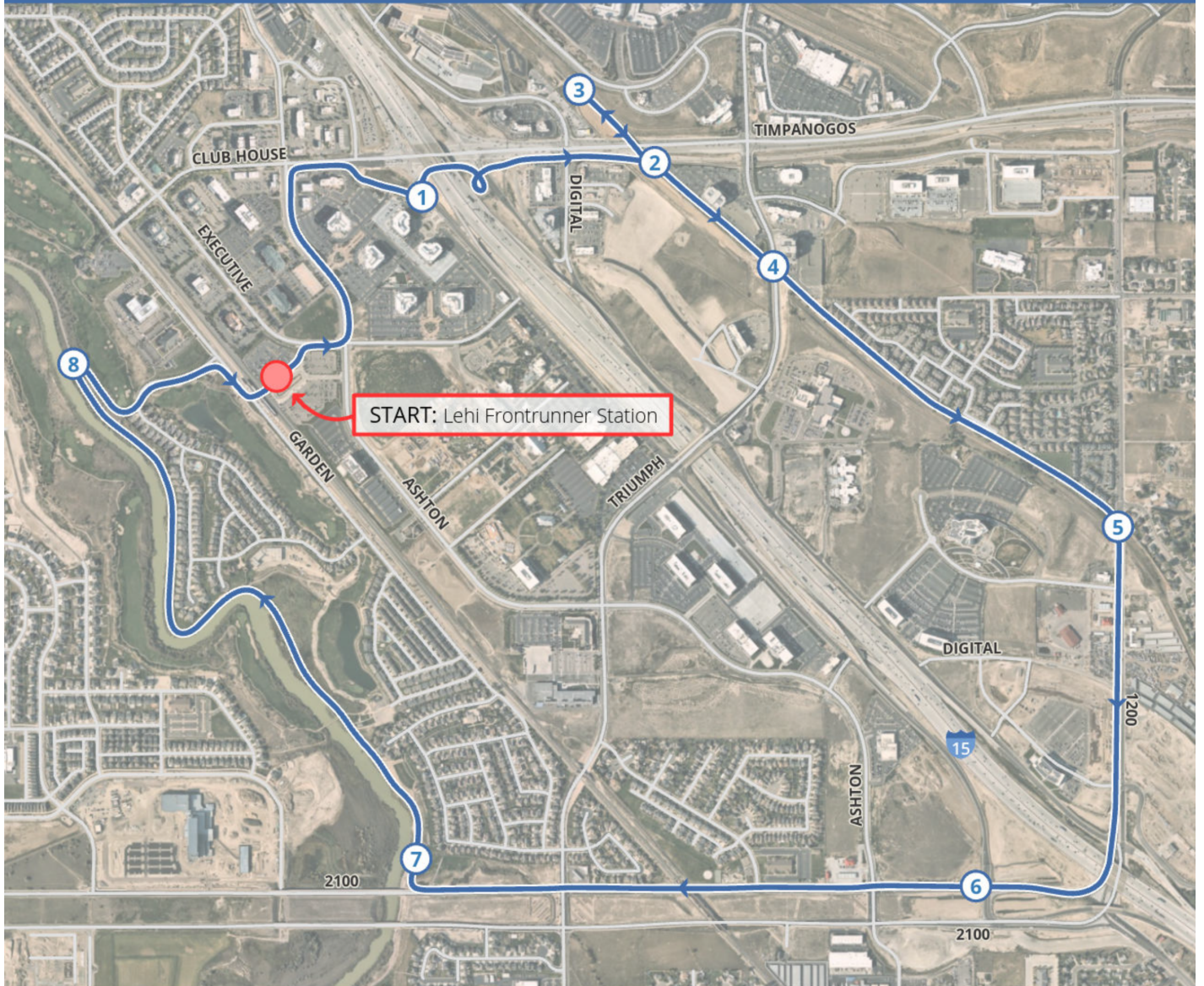
If you have any questions or concerns, please call:

Muriel Xochimitl at 385- 225-6418



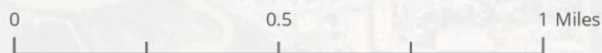
A special Thanks to Lime for donating helmets for the Move Utah Summit 2022

MOVE UTAH 2022 Biking Tour



STOPS

- ① New I-15 Undercrossing
- ② Intersection: Lehi Rail & Murdock Canal Trails
- ③ Turn-around point
- ④ New Ped bridge at Triumph Boulevard
- ⑤ Intersection: Lehi Rail Trail & 1200 W Trail
- ⑥ 2100 N Trail & W Frontage Rd
- ⑦ Jordan River Trail
- ⑧ Jordan River Trail/Murdock Canal Trail



Map by Sarah Lawless (MAG), Jan 2022
The cartographer makes no representations or warranties concerning the suitability or accuracy of the map and will not be liable for any damages suffered in connection with its use or distribution.



SUMMIT PARTNERS

GOLD PARTNERS



WASATCH FRONT REGIONAL COUNCIL

SILVER PARTNERS



DAVID EVANS
AND ASSOCIATES INC.

BRONZE PARTNERS



FEHR & PEERS



GOVERNOR'S OFFICE OF
Planning & Budget

Parametrix

